



**"I get
altitude
sickness."**

ENERGY



ALTITUDE

REQUIREMENTS













EAT ENOUGH

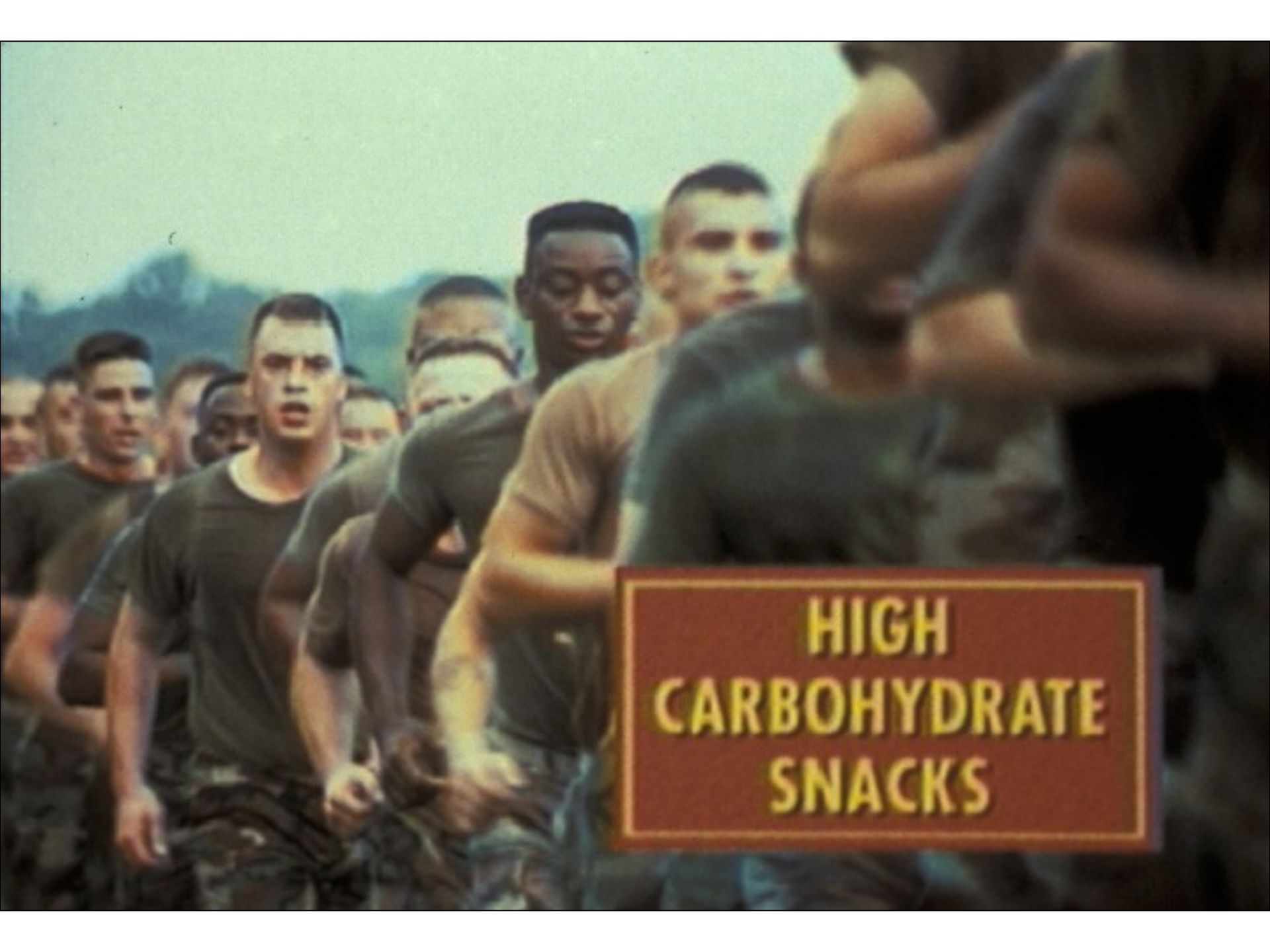




EAT REGULARLY

**MAINTAIN
PERFORMANCE
DIET**





**HIGH
CARBOHYDRATE
SNACKS**

**DRINK
WATER**







**EXTREME
CONDITIONS**

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